

Nutrition and Health Info-Sheet

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Some Facts About Flavonols

What are flavonols?

Flavonols are phytochemical compounds found in a variety of plant based foods including apples, apricots, beans, broad beans, broccoli, cherry tomatoes, chives, cranberries, kale, leeks, pear, onions, red grapes, sweet cherries, and white currants (1).



Are there beneficial effects associated with consumption of flavonols?

Consumption of flavonols, such as quercetin, kaempferol, and myricetin, has been associated with a variety of beneficial effects including a reduced risk of cancer and cardiovascular disease (2).

There is a lot of media hype around apples, broccoli, and cranberries. Are these really "super foods"?

• Apples



- Research has found that consumption of apples reduced risk of oral, pharynx, esophagus, colon, larynx, breast, ovary and prostate cancer (3); cardiovascular disease, cardiovascular events, coronary mortality, and thrombotic stroke (4); asthma, bronchial sensitivity, and chronic obstructive pulmonary disease (4); and a reduced risk of type 2 diabetes (5).
- In light of these findings, consuming an apple a day as part of your daily recommended intake of a variety of fruits and vegetables may be beneficial to overall health.

• Broccoli

- Current research suggests that consumption of broccoli is associated with a reduced risk of breast (6), prostate (7), bladder (8), lung, colon, thyroid, and stomach cancer in addition to cancer of the respiratory tract and reproductive organs (9).
- *Conclusions:* In light of this research, the American Cancer Society recommends consuming broccoli as part of a balanced diet that includes foods from a variety of plant sources.



• Cranberries

- Current scientific evidence suggests that use of cranberry products can prevent new urinary tract infections (10) and reduce risk of cardiovascular disease (11).



- *Conclusions:* The Dietary Guidelines for Americans, 2005 recommends limiting consumption of juice to ensure adequate intake of fiber (31g/ 2000 kcals). For women prone to urinary tract infections, consuming ½ cup of cranberry juice daily may help to reduce the number of new infections.

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